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Due to continued product improvement, the products illustrated/photographed
in this brochure may vary slightly from the actual product.

Breville

the Quick Fry™

Instruction Booklet



BDF200

CONGRATULATIONS

on the purchase of your new
Breville product

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At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Remove and safely discard any packaging material and promotional labels before using the deep fryer for the first time.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If dropped or struck extremely hard, it may break or weaken, and could at a later time shatter into many small pieces without apparent cause.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the deep fryer near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances.
- Do not use the deep fryer on a sink drain board.
- Do not place the deep fryer on or near a hot gas or electric burner, or where it could touch a heated oven.
- Do not place unit under shelving or flammable materials when in use.
- Always follow the maximum and minimum quantities of oil stated in the instructions and recipes.
- Position the deep fryer at a minimum distance of 20cm away from walls, curtains, cloths and other heat sensitive materials
- Always operate the deep fryer on a stable and heat resistant surface. Do not use on a cloth-covered surface, near curtains or other flammable materials.
- Always ensure the deep fryer is properly assembled before use. Follow the instructions provided in this book.
- The deep fryer is not intended to be operated by means of an external timer or separate remote control system.
- Avoid the use of extension cords. Serious hot oil burns may result from a deep fryer being pulled off a table or bench top. Do not allow the power cord to hang off the edge of a bench top where it may be grabbed by children, or become entangled by the user. Never leave the deep fryer unattended while in use.
- Ensure the deep fryer is completely dry and free of water before adding any oil. When deep frying, ensure water does not come in contact with hot oil as this will cause the oil to bubble and splatter.
- Always add the required amount of oil to the deep fryer before switching the power on at the power outlet.
- Water and oil do not mix – never add any water or other liquid to hot oil. Even small amounts of water will cause the oil to splatter.
- Solid oil products, such as butter, margarine or animal fats of any kind should not be used in the deep fryer as they increase the chance of fire hazard.

BREVILLE RECOMMENDS SAFETY FIRST

- The lid and the outer surface will be hot when the appliance is operating and for some time after use.
- The temperature of accessible surfaces will be high when the appliance is operating and for some time after use.
- Steam vents are very hot during deep frying. Do not place anything on top of the lid.
- Do not cover the steam vents when the deep fryer is in use.
- Do not leave the appliance where children can touch hot surfaces, power cord or any other part of the deep fryer.
- Do not touch hot surfaces. Use the handle locked into position to insert and remove the mesh frying basket from the hot oil. Follow instructions provided on Pages 9 of this book.
- Extreme caution must be used when the deep fryer is filled with hot oil or other liquid. Do not move the deep fryer during cooking and allow it to cool before removing oil.
- At no time should the deep fryer be left unattended when in use.
- Never lean over the deep fryer when lifting the lid. Excess trapped steam created during the cooking process will be released when the lid is opened.
- Do not exceed the maximum fill level. Never overfill the bowl with oil.
- Never pour oil out of the deep fryer when either the unit or oil is hot. Allow both the unit and contents to cool completely before removing oil.
- Do not place anything on top of the deep fryer when the lid is on, when in use and when stored.
- Always switch the On/Off switch to the off position, switch the deep fryer off at the power outlet, then unplug the power cord and cool completely, if appliance is not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Keep the deep fryer clean. Follow the cleaning instructions provided in this book.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.

SAVE THESE INSTRUCTIONS

BREVILLE RECOMMENDS SAFETY FIRST

- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- The appliance is not intended to be operated by means of an external timer or a separate remote control system.

KNOW

your Breville product

KNOW YOUR BREVILLE PRODUCT



- A. Viewing Window
- B. Stainless Steel Lid with Mesh Filter
- C. Variable Temperature Control Dial
- D. Frying Basket
1kg food capacity. Handle folds down for convenient storage.
- E. 2400W Heating Element
- F. Removable Enamel Frying Bowl

- G. Stainless Steel Exterior
- H. 3 Litre Oil Capacity
- I. Cool Zone Area
- J. Cool Touch Handle
- K. Power ON Switch
- L. POWER ON and READY Lights
- M. Cord Storage
- N. Safety Reset Button

HOW TO ASSEMBLE/ DISASSEMBLE

your Breville product

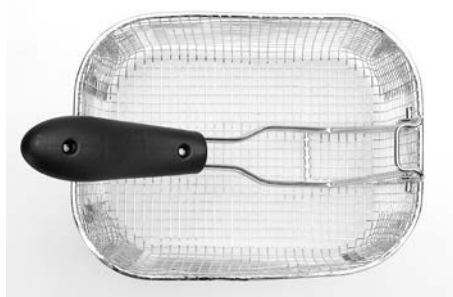
HOW TO ASSEMBLE/DISASSEMBLE YOUR BREVILLE PRODUCT

STEP 1

Remove lid from the deep fryer by grasping the handle on top and lift off.

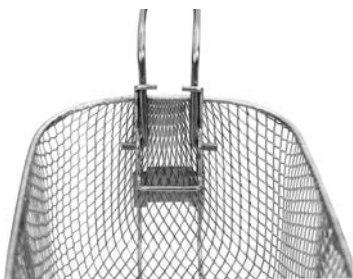
STEP 2

The hinged basket is designed for compact storage.



STEP 3

To extend handle, pull handle and lift backwards. (Hot food can fall on hand if the handle is not installed properly.)



STEP 4

Lift back panel upwards and away from unit.



STEP 5

Remove bowl by grasping rim of bowl and lifting upwards.



STEP 6

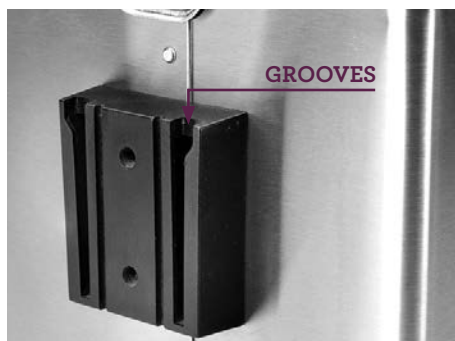
Reverse these steps to reassemble your new deep fryer.

NOTE

The enamel removable bowl can only be inserted one way.

IMPORTANT

*When assembling your deep fryer for use, please ensure the **GROOVES** in the control assembly are inserted into the **TONGUES** of the deep fryer body. The deep fryer will not operate unless correctly assembled.*



OPERATING

your Breville product

OPERATING YOUR BREVILLE PRODUCT

BEFORE FIRST USE

Remove all packaging materials and any promotional labels from your deep fryer and safely discard.

Wash lid, removable bowl and wire frying basket in hot soapy water and dry thoroughly. Wipe inside of bowl with a damp cloth and dry thoroughly.

1. Place deep fryer on a dry, level surface. Ensure deep fryer is not too close to edge of the bench top, and that power cord or basket handle does not hang over the edge.
2. With the basket out of the deep fryer, add oil to the bowl. Ensure not to add less than MINIMUM level mark or exceed MAXIMUM level mark (3 Litres).

NOTE

Important: NEVER exceed MAXIMUM fill level (3 Litres).

3. Replace the lid.
4. Plug the power cord into a 230V or 240V volt power outlet and turn on the power ON switch.
5. Turn temperature control dial to the desired temperature. The red power ON light will illuminate.

NOTE

Your Deep Fryer is fitted with a special interlock switch and will not operate if not properly assembled.

6. Preheat oil at the selected temperature (150–190°C) until the green temperature ready light illuminates.

NOTE

When cooking first batch of food, allow deep fryer to cycle on and off twice (as indicated by green temperature READY light) before placing food into the deep fryer. This will take approximately 15–20 minutes.

7. When oil has preheated, place the basket into deep fryer in the raised position, with the basket handle in the extended horizontal position.



8. Add food to the basket. Do not fill basket so that it is more than two-thirds full.
9. Holding fryer basket handle lift from the holding position and gently lower the basket into the oil.

NOTE

Uniform-sized pieces will cook more evenly.

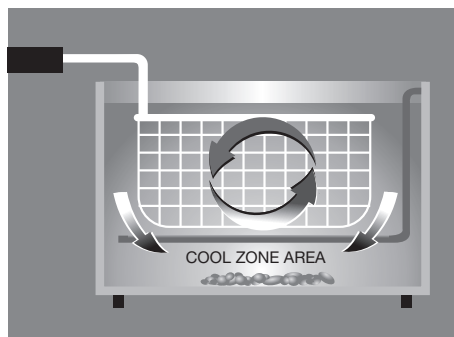


WARNING

Power cord needs to be fully extended before use. Always add the required amount of oil before switching the power on at the power outlet.

10. When the food is cooked, raise the basket out of the oil to drain, then turn temperature control dial back to 150°C then turn the power OFF with the power switch, then unplug the power cord.
11. Keep the basket in the raised position for a few minutes to drain the oil from the food before serving.
12. If continuing to cook allow deep fryer to reheat until the green temperature light illuminates.
13. Allow deep fryer to fully cool before emptying oil or cleaning the unit.

COOL ZONE TECHNOLOGY



The submerged heating element system on the deep fryer allows oil to be heated more effectively, and respond quickly to oil temperature changes.

Oil below the heating element is cooler and allows cooked foods including crumbs to sink to the bottom of the enamel bowl and not cook any further, tainting the oil taste.

This allows further cooking to take place without food particles interfering or tainting the cooked result.

The Cool Zone Technology results in less need to change the cooking oil. Used oil can be re-used more times than in standard deep fryers.

AUTO CUT-OUT RESET BUTTON

Always add the required amount of oil BEFORE switching the power on at the power outlet. An Auto Cut Out safety switch will be activated if the unit is turned on without oil in the bowl.

To re-activate the unit, let the unit cool completely and then reset by pushing the red button on the back of the controller assembly above the cord storage.

WARNING

During and immediately after cooking, you may see steam rising through the filter vent openings in the lid. This is normal, however avoid touching this area during cooking to prevent steam burns as the steam that is generated is at a high temperature.

As the basket itself gets very hot, only use the handle to hold or carry the basket for serving.

COOKING GUIDE

COOKING GUIDE

The cooking times given in this chart are only a guide, food is fresh and not frozen and cooking times should be adjusted to suit quantity of food being deep fried.

FOOD	TEMPERATURE	APPROX. COOKING TIME
Fish (in batter)	180°C	5–7 minutes
Fish cocktail pieces (in batter)	190°C	4–6 minutes
Chicken pieces (crumbed)	170°C	12–15 minutes
Prawn cutlets (raw, crumbed)	180°C	3–4 minutes
Potato wedges (pre cooked)	170°C	7–10 minutes
Potato chips (thick)	190°C	5–6 minutes
Potato chips (thin)	190°C	2–4 minutes
Onion rings	190°C	2–4 minutes
Spring rolls (small)	180°C	4–6 minutes
Mushrooms	150°C	4–5 minutes
Fruit fritters	180°C	4–5 minutes

HANDY HINTS

Food should be crisp when deep fried. If results are soggy, it's because the oil isn't hot enough. This can be attributed to one or more of the following:

- Not enough preheating time.
- Temperature chosen is too low.
- Too much food in the basket (do not fill basket more than two thirds full).
- Do not use solid frying oil, only use liquid oils.
- Use a good quality liquid oil. For best results we recommend oils listed.
- We do not recommend fats that deteriorate quickly such as lard or dripping.
- Oil can be re-used several times before it starts to break down (smoke-point decreases ie. The oil will burn at a lower temperature, fried food will be less crisp). Filter cooled oil through a fine sieve then store in an airtight container in a dark place. As oil will absorb food flavours, it's a good idea to label container with type of food the oil was used for. For example you wouldn't deep fry a dessert in oil previously used for cooking fish. A fine sieve can be a new chux cloth, paper coffee filter or clean cotton material.

RECOMMENDED OILS

Vegetable oil

A general term that refers to a blend of oils extracted from various seeds and fruits. Vegetable oil has a very mild flavour and aroma. It is low in cholesterol and saturated fats.

Sunflower oil

The oil is extracted from the seeds of the sunflower plant. It is pale yellow in colour with virtually no flavour. Sunflower oil is high in polyunsaturated fats and low in saturated fats.

Canola oil

Made from seeds of the canola plant. It is relatively low in saturated fats, contains Omega 3 fatty acids and has a bland neutral flavour.

Safflower oil

Safflower oil is derived from the seeds from the safflower. It is strong in flavour, rich in colour and has a high smoke-point. Safflower oil is high in polyunsaturated fats and vitamin E.

Peanut oil

Peanut oil is obtained from the kernels of the groundnut or peanut. It has a delicate flavour, nutty odour and has a high smoke-point. Peanut oil is high in monounsaturated oil and vitamin E.

CARE & CLEANING

for your Breville product

CARE & CLEANING

- Before cleaning deep fryer, always make sure appliance is disconnected from power outlet.
- Make sure deep fryer including oil are completely cool before cleaning.
- Do not attempt to move or carry deep fryer, element and control assembly while it is hot.
- Wash basket in hot soapy water and dry thoroughly.
- Remove the control assembly of deep fryer by lifting upwards.



- Grasp each side of removable bowl and lift upwards.



- Empty removable bowl of cooled oil. As oil can be re-used several times (depending on type of food cooked), filter oil through a fine sieve (such as a new chux cloth).

- Removable enamel bowl allows for easy cleaning. Wipe down bowl with absorbent paper, then a damp cloth and a little mild detergent. Finally wipe bowl with a clean damp cloth and dry with a clean dry cloth.
- Wipe over controller assembly and element with a damp cloth and a little mild detergent. Finish off with a clean damp cloth followed by a clean dry cloth.
- Removable enamel bowl, frying basket and outer body are dishwasher safe.
- Wipe over outside of appliance with a damp cloth and a little mild detergent. Finish off with a clean damp cloth followed by a clean dry cloth.
- Reassemble appliance for storage.

IMPORTANT

Always turn the appliance off, turn the power off at the power outlet and then unplug cord before attempting to move the appliance and before cleaning.

Do not under any circumstances immerse the control assembly, the supply cord or plug in water or any other liquid.

RECIPES

SALT AND PEPPER CALAMARI

Serves 4

INGREDIENTS

3 litres of oil for deep frying

1 egg white

2 tablespoons water

½ cup corn flour

1 teaspoon salt

1 teaspoon ground white pepper

500g calamari rings

Sweet Thai Chilli sauce to serve

METHOD

1. Fill deep fryer with oil. Preheat to 190°C.
2. Beat egg white and water together and dip half the calamari into the egg mixture.
3. Combine corn flour, salt and pepper in a zip lock bag. Transfer dipped calamari into cornflour mixture and toss to coat evenly. Remove and set aside.
4. Repeat with remaining calamari, egg and flour mixture.
5. Deep fry in two batches for approximately 2–3 minutes allowing oil to reheat between each batch. Drain and serve immediately.

Serve with lemon wedges, chilli sauce and a green salad as an entrée snack or light meal.

CRUMBED PRAWN CUTLETS WITH GARLIC CHIVE MAYONNAISE

Serves 4

INGREDIENTS

1 cup plain flour
Pinch salt
2 eggs
1 tablespoon milk
1 cup dry breadcrumbs
1 lemon, zested
36 large green King prawns, peeled and deveined, tails intact.
3 litres of oil for deep frying

METHOD

1. Combine flour and salt together and place into a shallow dish.
2. Whisk together eggs and milk and pour into a deep bowl.
3. Mix breadcrumbs and zest and set aside on a flat plate.
4. Coat prawns lightly in seasoned flour, shaking off excess.
5. Dip into egg mixture and toss to coat evenly. Transfer to breadcrumbs and coat well.
6. Repeat with egg mixture and breadcrumbs. Refrigerate for 30 minutes.
7. Fill deep fryer with oil and preheat to 180°C.
8. Deep fry prawns in four batches until cooked and golden, approximately 2-3 minutes allowing oil to reheat between each batch. Drain on absorbent paper.

GARLIC CHIVE MAYONNAISE

INGREDIENTS

½ cup mayonnaise
¼ cup sour cream
1 clove garlic, crushed
Juice of half a lemon
2 tablespoons snipped chives
Salt and pepper to taste

METHOD

1. Combine mayonnaise, sour cream, garlic, lemon juice and chives. Season to taste.

Serve hot crumbed prawn cutlets with chilled garlic chive mayonnaise.

SPRING ROLLS

Serves 8

INGREDIENTS

350g pork mince
200g green prawn meat diced
1 tablespoon soy sauce
½ cup finely diced water chestnuts
2 green shallots, finely sliced
8 spring roll wrappers
3 litres of oil for deepfrying

METHOD

1. Combine all filling ingredients and mix well.
2. Place ¼ cup of mixture onto each wrapper and roll; secure last rolled edge with a drizzle of water.
3. Fill deep fryer with oil and preheat to 180°C.
4. Place up to 4 spring rolls into basket and carefully lower into oil. Cook for 4–6 minutes or until golden brown, allowing oil to reheat between each batch.
5. Drain on absorbent paper and serve rolls hot with sweet chilli dipping sauce.

TIP

Uncooked spring rolls can be frozen. Place onto a flat tray and wrap well in plastic wrap. Frozen spring rolls can be cooked from frozen. Add an extra 2–3 minutes to the cook time.

SAMOSAS

Serves 16

INGREDIENTS

1 tablespoon oil
1 small onion, finely chopped
1 large clove garlic, crushed
1 teaspoon curry powder or paste
150g potato, cut into a small ½ cm dice
100g carrot, cut into a small ½ cm dice
1 tablespoon frozen peas
4 sheets ready rolled shortcrust pastry
1 tablespoon milk
3 Litres of oil for deep frying

METHOD

1. To prepare filling, heat oil in a pan. Fry onion, garlic and curry powder until onion is soft. Add potato and carrot.
2. Cover and cook on a low heat until tender, approximately 10 minutes, stirring occasionally. Add peas.
3. Cool, then divide mixture into 16 portions.
4. Cut out 16 x 12 rounds from pastry. Top each with potato mixture and brush edges of pastry with milk. Fold pastries in half, pressing edges together.
5. Fill deep fryer with oil and preheat to 190°C.
6. Deep fry samosas, 4 at a time until golden, approximately 4–5 minutes allowing oil to reheat between each batch. Drain on absorbent paper.

Serve samosas as a starter to a curry meal or as snack.

TEMPURA

Tempura is a style of deep frying that originated in Japan. It uses a very light batter to coat seafood (particularly prawns) and vegetables. Tempura is then traditionally served with a light dipping sauce.

Food suitable for Tempura are:

- Prawns
- Whole button mushrooms
- Sliced sweet potato
- Fresh asparagus
- Whole beans
- Whole baby corn
- Cauliflower or broccoli florets

TEMPURA BATTER

INGREDIENTS

3 litres of oil for deep frying
2 cups plain flour
2 egg yolks
2 cups (500ml) iced water
Selection of food from above

METHOD

1. Fill deep fryer with oil and preheat to 190°C.
2. To prepare batter, sift flour into a bowl. Make a well in the centre. Add egg yolks and iced water stirring until just combined. The batter should be lumpy and only half mixed. As batter will thicken on standing, use immediately.
3. Coat food of choice in batter allowing excess batter to drain off.
4. With basket in lowered position, deep fry food in small batches until pale golden, approximately 4-5 minutes allowing oil to reheat between each batch. Drain on absorbent paper.

Serve tempura foods with tempura dipping sauce.

TEMPURA DIPPING SAUCE

Makes 250ml

INGREDIENTS

- ⅓ cup soy sauce
- ⅓ cup mirin or sherry
- ⅓ cup chicken stock

METHOD

1. Combine soy sauce, mirin and stock. Serve as dipping sauce for Tempura.

Tempura batter can also be used in recipes other than the traditional tempura.

NOTE

If batter becomes too thick, thin down with extra iced water.

When basket is in lowered position always use tongs and gently lower the battered food into the oil.

HONEY PRAWNS

Serves 4

INGREDIENTS

- 3 litres of oil for deep frying
- 16 green king prawns, peeled and deveined
- ½ quantity Tempura Batter
- ½ cup honey, warmed
- ⅓ cup toasted sesame seeds
- 100g packet vermicelli noodles

METHOD

1. Fill deep fryer with oil and preheat to 190°C.
2. Coat prawns in batter allowing excess batter to drain off.
3. With basket in lowered position, deep fry in two batches for approximately 3–4 minutes allowing oil to reheat between each batch.
4. Drain on absorbent paper and transfer to serving platter. Drizzle with the warmed honey, then toss in sesame seeds.
5. Deep fry noodles a bundle at a time until the noodles rise to the surface, approximately 2–3 seconds. Drain on absorbent paper and serve prawns with crispy noodles.

NOTE

When the basket is in the lowered position always use tongs and gently lower the battered food into the oil.

FISH AND CHIPS

Serves 4

INGREDIENTS

1¼ cups plain flour
pinch salt
2 eggs, separated
250ml beer
1 tablespoon oil
3 litres of oil for deep frying
4 boneless white fish fillets (150g each)
4 potatoes, peeled and cut in 1cm thick chips
lemon wedges

METHOD

1. To prepare batter, sift flour and salt into a bowl. Make a well in the centre. Add egg yolks, beer and oil. Beat until smooth then stand for 30 minutes. Beat egg whites until soft peaks form, fold through batter.
2. Fill deep fryer with oil and preheat to 180°C. Preheat an oven to 150°C to keep fish warm when cooked.
3. Coat fish in batter allowing excess batter to drain off.
4. Deep fry fish in two batches until cooked and golden, approximately 3–4 minutes allowing oil to reheat between each batch. Drain on absorbent paper and keep warm.
5. Increase deep fryer temperature to 190°C. When heated, deep fry chips in two batches until golden, approximately 12–15 minutes allowing oil to reheat between each batch. Drain on absorbent paper.

Serve fish and chips with lemon wedges and tartare sauce.

TARTARE SAUCE

INGREDIENTS

½ cup mayonnaise
¼ cup sour cream
2 tablespoons chopped capers
2 tablespoons chopped gherkin
1 tablespoons chopped parsley
salt and pepper to taste

METHOD

1. Combine mayonnaise, sour cream, capers, parsley and gherkin. Season to taste.

Serve as an accompaniment to fish and chips.

TIP

If fish fillets have skin on, remove the skin otherwise the fish curls up while frying.

SOUTHERN STYLE CHICKEN

Serves 4

INGREDIENTS

3 litres oil for deep frying
1 cup flour
1 teaspoon salt
1 teaspoon ground black pepper
2 teaspoons mild paprika
8 chicken pieces (drumsticks, wings)
2 eggs, beaten
2 tablespoons milk

METHOD

1. Fill deep fryer with oil and preheat to 170°C.
2. Sift flour, salt, pepper and paprika into a bowl. Coat chicken pieces in combined beaten egg and milk then flour mixture.
3. Deep fry in two batches until cooked and golden, approximately 15 minutes allowing oil to reheat between each batch. Drain on absorbent paper..

Serve with steamed corn and a tossed salad.

NOTE

To quicken cooking time, steam the chicken pieces first before crumbing.

SHOESTRING FRIES

Serves 4

INGREDIENTS

3 litres of oil for deep frying
4 potatoes

METHOD

1. Fill deep fryer with oil and preheat to 160°C.
2. While waiting for oil to heat, peel and cut potatoes into thin straws and soak in water to prevent discolouration. When ready to cook, drain potatoes and pat dry with absorbent paper.
3. Deep fry potato straws in two batches for 3–4 minutes, drain and place on a tray with absorbent paper.
4. Increase temperature to 190°C and re-cook the fries for 3–4 minutes to finish.

NOTE

Allow oil to thoroughly reheat and potato straws to drain thoroughly in between frying. Frying twice will give a crisper result.

TIP

Use “baking” potatoes for deep frying (ie desiree and pontiac potatoes).
New potatoes are not recommended due to their high water content.

DEEP FRIED MUSHROOMS

Serves 4

INGREDIENTS

3 litres of oil for deep frying
24 button mushrooms (approx 200g),
stalks trimmed
1 egg, beaten
1 tablespoon milk
1 cup fresh breadcrumbs

METHOD

1. Fill deep fryer with oil and preheat to 150°C.
2. Coat mushrooms in combined egg and milk.
3. Toss into breadcrumbs and coat evenly.
4. Deep fry mushrooms until golden, approximately 3–5 minutes allowing oil to reheat between each batch. Drain on absorbent paper.

Serve as an accompaniment to chicken, or as a fingerfood idea served with a dipping sauce of sour cream and chopped chives.

SHREDDED VEGETABLES

INGREDIENTS

3 litres oil for deep frying
grated vegetables such as potato, carrot or zucchini
½ quantity of tempura batter

METHOD

1. Fill deep fryer with oil and preheat to 180°C.
2. Squeeze any excess moisture from vegetables and pat dry thoroughly with absorbent paper.
3. Mix some tempura batter through vegetables.
4. Deep fry about ½ cup at a time until crisp and golden, approximately 2–3 minutes allowing oil to reheat between each batch. Drain on absorbent paper.

Serving suggestion: Serve as a garnish.

DEEP FRIED ICE CREAM WITH CARAMEL SAUCE

Serves 4

INGREDIENTS

- 1 qty caramel sauce
- 1 Litre Full cream vanilla ice cream
- 500g (2) day old commercial Madeira cake, processed into crumbs
- 3 x 60g eggs, beaten
- ¼ teaspoon milk
- 3 Litres oil for deep frying

METHOD

1. Place a scone tray into freezer for 10 minutes to get really cold. Scoop ice cream onto cold tray to make 8 balls. Return to freezer immediately until ice cream is very hard.
2. Meanwhile, break cake into small pieces and process in a food processor or crumble with fingers to yield 4 cups cake crumbs.
3. To coat ice cream, remove one ball at a time from freezer. Using two spoons, roll ice cream in combined egg and milk then cake crumbs. Return to freezer and repeat with remaining ice cream.

NOTE

Working one at a time ensures ice cream doesn't melt.

4. Leave in freezer for a minimum 1 hour then repeat coating in egg mixture then cake crumbs to ensure a thick, firm coating. Return to freezer for 15 minutes.
5. Fill deep fryer with oil and preheat to 190°C.
6. Deep fry ice cream in two batches until golden, approximately 30 seconds allowing oil to reheat between each batch. Drain on absorbent paper.

Serve immediately with warm caramel sauce.

CARAMEL SAUCE

Serves 4

INGREDIENTS

- 60g butter
- ¾ cup brown sugar
- 1 Tablespoon cornflour
- ½ cup water
- ½ cup cream
- pinch salt

METHOD

1. Melt butter in saucepan or microwave. Add brown sugar stirring until smooth.
2. Add cornflour blended with water; bring to boil stirring until thickened.
3. Stir through cream and salt.

Serve ice cream with caramel sauce and chopped fruit such as banana or strawberries.

BANANA FRITTERS

Serves 4

INGREDIENTS

1 cup self raising flour
1 teaspoon sugar
1 x 60g, egg beaten
 $\frac{2}{3}$ cup milk
1 Tablespoon butter, melted
4 bananas, peeled and cut in three
3 Litres oil for deep frying

METHOD

1. Sift flour into a bowl and make a well in the centre. Add sugar, combined egg, milk and melted butter.
2. Mix to a smooth batter and allow to stand for 15 minutes before using.
3. Coat bananas in batter allowing excess batter to drain off.
4. Fill deep fryer with oil and preheat to 180°C.
5. With basket in lowered position, deep fry bananas in two batches until golden, approximately 4–5 minutes allowing oil to reheat between each batch. Drain on absorbent paper.

Serve with ice cream.

NOTE

When the basket is in the lowered position always use tongs and gently lower the battered food into the oil.

